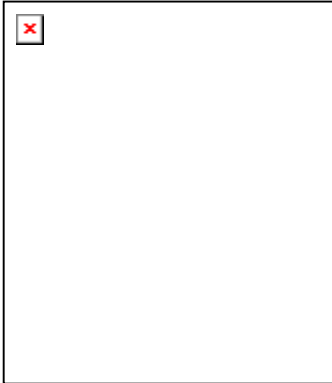


COMMON SENSE: CARE FOR CONSTIPATION

Arizona Department of Corrections
Health Service Bureau

Inmate Wellness Program
HEP 1054- 01/06

Constipation is the inability to have a bowel movement easily



and regularly. Regularity can vary from person to person and does not necessarily mean having a bowel

movement every day. Following a few simple guidelines will help you avoid constipation.

1. Exercise regularly.
2. Drink plenty of fluids everyday (8-10 glasses of water is preferable).
3. Eat plenty of fruits, vegetables and grains. These foods contain fiber which helps relieve constipation.
4. Over-the-counter fiber laxatives are available at the

inmate store to supplement your fiber intake.

Fiber laxatives can be used on a daily basis for chronic constipation and are not habit forming. Non-fiber laxatives should not be used for more than a few days. Make sure you read the label on the package and follow the directions carefully.

If laxatives do not relieve constipation within a few days or if severe stomach pain occurs, submit an HNR.

Other Instructions: